Ico wokora nimba wegeranye n'umuntu arwaye COVID-19

Aya makuru agenewe abantu begeranye n'umuntu arwaye COVID-19. Kwegerana bisigura kumara umwanya munini bugufi bw'umuntu ku metero zidashika kuri zibiri kandi uwo muntu yanduye, bitangura imisi ibiri imbere yuko ibimenyetso bitangura kwiyerekana gushika akize. Kwegerana ntibisigura kuba kure y'imetero zibiri mukamarana umwanya munini mu kibanza kimwe, mugendana, muri make muba mu cumba kimwe. Nimba uri umukozi ajejwe amagara y'abantu, raba inyigisho kuri "COVID-19: Ico wokora nimba uri umukozi ajejwe amagara y'abantu".

Uburorero bwo kwegerana	Uburorero bwo KUTEGERANA
Kubana muhira	Warigeze kwakira amahera mu iduka
Muri abagenzi ba hafi	Ukora mu nzu idandaza imiti waratanze imiti
Waragendanye mu muduga umwe n'umuntu arwaye	Warahagaze imbere y'umuntu mutonda umurongo ku iduka
Mwarasangiye n'umuntu yanduye	Waragiye kubaza ikibazo uwo mukorana akazi

Guma muhira urabe ibimenyetso mu misi 14:

- Umusi w'ubusa ni umusi wa nyuma wari kumwe n'umuntu arwaye.
- Raba umucanwa, inkorora, guhema nabi n'ubwo ibimenyetso vyoba vyoroshe.
- Ntuve muhira, kumbure ugiye kwivuza.
- Banza wakure muganga canke abajejwe amagara y'abantu imbere yo kuja kubaraba.
- Nimba bishoboka, guma mu cumba wenyene muhira kandi ukoreshe ubwogero bwa wenyene.
- N'imiburiburi guma ku metero zibiri uvuye aho abandi bari umwanya wose. Wisangira ibikoresho vya muhira.
- Guma uvugana n'abandi - koresha ubuhinga bwa none uvugana n'incuti n'abagenzi.

Gukora isuku buri musi no kumesura:

- Kora isuku kandi ukoreshe imiti yica mikorobe. Nimba ukoresha icumba cawe n'ubwogero bwawe, hakorere isuku wewe ubwawe. Saba uwundi muntu akore isuku ibindi bibanza vya muhira.
- Oza neza ibikoresho vya muhira, nk'ivyombo uhejeje kubikoresha.
- Karaba iminwe kenshi n'isabune n'amazi n'imiburiburi amasegonda 20. Koresha umuti wo gusukura iminwe wica bagiteri ukozwe muri arukoro nimba isabuni n'amazi bitaboneka.

Nimba utanguye gukorora, kugira umucanwa canke ufise ingorane yo guhema:

- Akura muganga kuri terefone ubaze nimba wopimwa. Basigurire yuko uri muhira kubera coronavirus kubera wegereye umuntu arwaye COVID-19.
- Reka kuja kw'ivuriro, keretse umeze nabi cane.
- Nimba ata muganga ufise, akura 2-1-1 uronke ivuriro hafi yawe.
- Abantu bafise indwara zoroheje barashobora kuvurira ibimenyetso muhira: ruhuka bihagije, fata ibinyobwa vyinshi, kandi ufate imiti igabanya umucanwa nimba bikenewe.

Igihe ugomba kwitabwaho vyihutirwa:

Nimba ufise ingorane zo guhema, ubabara mu gikiriza, ufise amadidane, canke umunwa wawe wahinduye ibara, ibinyigishi, mu maso, inyuma ku maso, canke inzara, genda kwivuza vuba. INiwakura ngo bakuvure, sigurira muganga canke nomero 911 ko wagumye muhira kubera wegereye umuntu arwaye COVID-19.

Itandukaniro hagati yo kwikumira no gukumirwa muhira

	Kwikumira muhira	Kuguma muhira
Ku bwa nde?	Abantu bafise ibimenyetso vya COVID-19 • Ku bantu barwaye COVID-19 bitaragera aho bajanwa mu bitaro, canke • Ku bantu barindiriye inyishu zavuye mu gupimwa	Abantu badafise ibimenyetso vya COVID19 • Abegereye abantu barwaye COVID19
Igihe kingana gute?	Gushika ukize, inyuma yuko habaye ivyo bitatu: 1. Haheze imisi itatu ata mucanwa ufise mugabo utakoresheje imiti igabanya umucanwa, n' 2. Ibindi bimenyetso vyigaragaje, kandi 3. N'imiburiburi imisi indwi iheze ibimenyetso vya mbere bibonetse.	Mu misi 14 kuva umusi wamenye ko urwaye. Umusi wo kwandura ni umusi w'ubusa.
Bisigura iki?	Kuba mu cumba ca wenyene mu nzu, ukoresha ubwogero bwawe, wirinda kwegerana n'abandi.	Kuguma mu nzu umusi wose, ucunga ibimenyetso, wimenyereza no kuba wenyene. Nimba bishoboka ugakoresha icumba n'ubwogero vya wenyene. Igihe ugaragaje ibimenyetso, ni vyiza ko n'abo mwegeranye baguma muhira.

Andi makuru araboneka ku rubuga rwacu rwa interineti: www.healthvermont.gov/COVID-19

What to do if you are a close contact of someone who is diagnosed with COVID-19

This information is for people who were in close contact with someone who has COVID-19. Close contact means being closer than six feet apart for a long time while the person was infectious, which starts two days before any symptoms began and continues until they are recovered. Close contact does not mean being more than six feet away in the same indoor environment for a long time, walking by, or briefly being in the same room. If you are a health care worker, see the guidance "COVID-19: What to do if you are a health care worker".

Examples of close contacts	Examples of NOT close contacts
You live in the same home	You were their cashier at the grocery store
You are intimate partners	You are a pharmacist who gave the person medication
You rode in the same car while the person was infectious	You were in front of the person in line at the store
You had dinner together while the person was infectious	You're a coworker who briefly walked by to ask a question

Stay at home and watch for symptoms for 14 days:

- Day 0 is the day you were last in contact with the person.
- Watch for fever, cough and shortness of breath, even if the symptoms are mild.
- Don't leave home, except to get medical care.
- Call ahead before visiting a health care provider or emergency department.
- If possible, stay in a specific room in your home and use a separate bathroom.
- Stay at least six feet away from others in your home at all times. Don't share household items.
- Stay connected with others – use technology to communicate with friends and family.

Daily cleaning and washing:

- Clean and disinfect surfaces in your home. If you are staying in a separate room and using a separate bathroom, clean them yourself. Have someone else clean the other areas of the home.
- Thoroughly wash household items, like utensils, after using.
- Wash your hands often with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.

If at any point you develop a cough, fever or shortness of breath:

- Contact your health care provider by phone to find out if you should be evaluated. Let them know you are quarantining at home for novel coronavirus because you are a close contact of someone who is diagnosed with COVID-19.
- Don't go to the hospital, except in a life-threatening situation.
- If you don't have a provider, call 2-1-1 to be connected to a clinic in your area.
- People with mild illness can treat their symptoms at home: get plenty of rest, drink plenty of fluids, and take fever-reducing medication if needed.

When to get medical care immediately:

If you have trouble breathing, chest pain, confusion, or changes in color on your lips, gums, face, around the eyes, or nails, seek medical care immediately. When you call for medical care, tell the provider or 911 that you are quarantining at home because you are a close contact of someone with COVID-19.

Difference between isolation and quarantine

	Self-isolation	Self-quarantine
For whom?	People with symptoms of COVID-19 - For people with COVID-19 who aren't sick enough to be hospitalized, or - For people who are waiting for test results	People with no symptoms of COVID19 - Close contacts of people with COVID19
For how long?	Until recovery, which happens when all three have happened: 1. It's been three full days of no fever without the use of fever-reducing medication, and 2. Other symptoms have improved, and 3. At least seven days have passed since your symptoms first appeared.	For 14 days since the date of possible exposure. The day of the exposure is Day 0.
What does it mean?	Staying in a separate room in the house, using a separate bathroom, avoiding contact with others.	Staying home 24/7, monitoring for symptoms, and practicing social distancing. If possible, using a separate room and bathroom. If you become symptomatic, your close contacts should also self-quarantine.

More information is available on our website: www.healthvermont.gov/COVID19